

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Currently Amended) The method for regulating the hydraulic resistance of a shock absorber during the operation thereof, which includes forced flow of hydraulic fluid through the small open flow areas from the blind side towards the rod end and the other way, characterized in that the open flow areas are created with varying capacity that is achieved with the use of mutually travelling metering components and is changed through variation effect of hydraulic pressure differences on the components at the blind side and the rod end so that the capacity decrease is that are caused by variation increase of the load at the shock absorber.